

MAKE SURE BABIES SLEEP SAFE IN YOUR CARE

You play a critical role in keeping babies safe while they sleep.



Safe Sleep Tips

1. The only things that should be present in a crib are a firm mattress, a fitted sheet and a sleeping baby. Bumpers, pillows, blankets, stuffed animals, bibs and clip-on pacifiers are unsafe for sleep and not allowed in the crib.
2. Infants need tummy time while awake to strengthen their neck muscles. Always supervise infants during tummy time.
3. If an infant falls asleep anywhere except in a crib, they must immediately be placed on their back in the crib.
4. Instead of sleeping blankets, infants should sleep in sleep sacks that do not confine their arms. Swaddling and alternative sleep positions are only allowed if a child's physician signs an alternative health plan. Learn more about how to use your Halo SleepSack® at HaloSleep.com.
5. Keep rooms at a temperature comfortable for a lightly clothed adult. Check infants to ensure they are not overheated or sweaty.
6. Always practice the ABC's of safe sleep. **Infants should be sleeping alone on their backs in a crib.**

KNOW THE SAFE SLEEP REQUIREMENTS

All licensed child care providers must meet the following requirements:

- Approved cribs or other infant sleep equipment must meet Consumer Safety Product Commission Standards. Standards can be found at CPSC.com.
- Mattresses must be firm. Only use mattresses manufactured or recommended for the specific model of crib or other sleep equipment.
- All staff who work with infants must complete the Department-approved safe sleep training prior to working with infants and on an annual basis. Training is available at ECPD.COStartStrong.org.
- Soft bedding and materials that could pose a suffocation hazard are not permitted in cribs, playpens, futons or other rest time equipment for children under 1 year of age.
- Infants must be placed on their back for sleeping.
- Swaddling infants is only allowed with a health care plan completed and signed by the child's physician.
- Infants up to 12 months of age who use a pacifier, must have a pacifier offered when being put down to sleep.
- All sleep/rest equipment must be safe, sturdy and free of hazards.
- Sheets must be fitted to the mattress and not loose.
- Infants who fall asleep in a car seat, infant seat or other equipment not approved for infant safe sleep must be moved immediately to an approved sleep area and placed on their back.
- Music, when played in or near the sleeping area, must be played at a volume that does not prevent the caregiver from hearing the infant.
- Toys that are attached to the crib, including mobiles, are not permitted in the crib or other approved sleep equipment.
- Infant monitors must be used when infants are sleeping in a separate room out of direct supervision.
- Supervised tummy time must be offered to infants 1 month of age or older up to 30 minutes per day. If the infant falls asleep during tummy time, immediately place them on their back in approved sleeping equipment.
- The room temperature must be maintained at a comfortable level so the infant does not overheat or become sweaty. Sleep sacks can be used in lieu of blankets if needed for additional warmth.
- Infants should be protected from second and third-hand smoke (third-hand smoke is residual nicotine left on indoor surfaces including clothing).
- The facility must have safe sleep policies, and ensure they are followed at all times.

Questions? Contact your Nurse Consultant or Licensing Specialist

Learn more about safe sleep:

- Colorado Department of Public Health and Environment | [Colorado.gov/pacific/cdphe/safe-sleep-your-baby](https://colorado.gov/pacific/cdphe/safe-sleep-your-baby)
- Infant Safe Sleep Partnership | InfantSafeSleep.co
- American Academy of Pediatrics | AAP.org
- Safe to Sleep Campaign | SafeToSleep.nichd.nih.gov
- Center for Disease Control and Prevention | CDC.gov/SIDSAwarenessmonth